

# Unit 1: Organization of the Body

## 1-2 Notes

### Body Movements:

Flexion –

Extension –

Rotation –

Abduction –

Adduction –

Plantar Flexion –

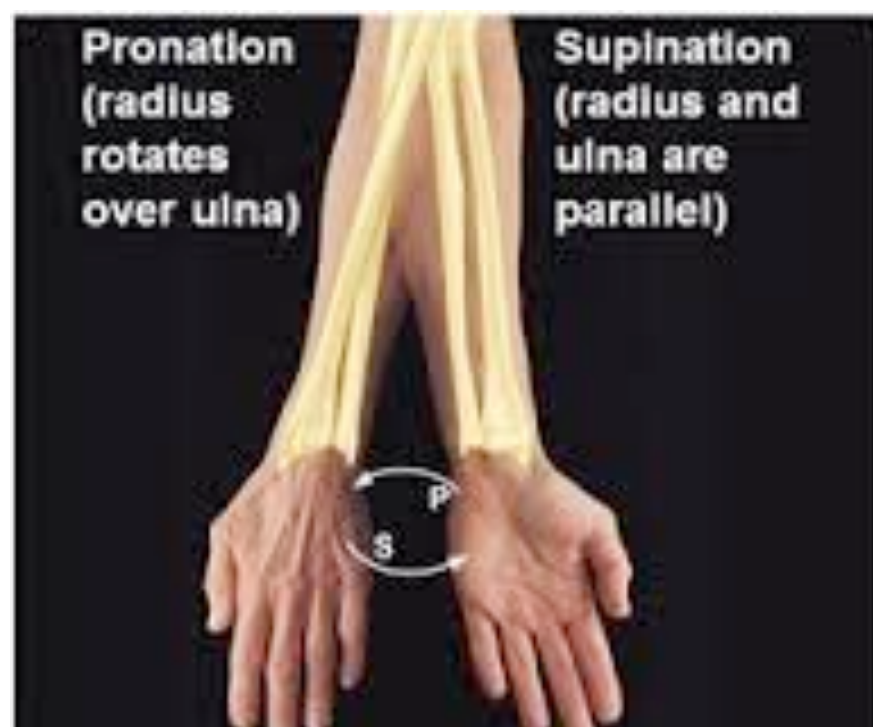
Dorsiflexion –

Supination –

Pronation –



(d) Abduction, adduction, and circumduction



**Dorsiflexion**

**Plantar flexion**

